CRC-CCC-and Sr. Center Group Exercise Classes Alternate Fall 2009

Morning Classes: December 23 rd -25 th , 2009 Centennial Recreation Center and Cultural Community Center						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Dec. 23rd	Dec. 24 th		
			630am-730am			
			Boot Camp			
			Jonna D. (Outdoor BB			
			Court)			
			Courty			
				8:00am-8:45am		
				Boot Camp		
				Jonna D.		
				(Outdoor BB		
				Court)		
			830-930am	9:00-10:00am		
			Kickboxing	Kickboxing		
			Phouc P.	Phouc P.		
			(lobby)	(lobby)		
			945-10:45am	10:00-11:00am		
			Body Sculpt	Zumba		
			Terri W.	Margot H.		
			(lobby)	(lobby)		
			500-630pm			
			Power Vinyasa			
			Yoga			
			Jennifer M.			
			Sr. Act. #1			
			635-800pm			
			Yoga			
			Yvonna B.			
			Sr. Act. #1			
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